

York Carers Strategy

Health Task Group Overview 2011/12

Achievements

Back Care Project coordinated by York Carers Centre

This project aims to improve the way in which carers can access appropriate support about back care and moving and handling. The questionnaires for clinicians were returned by 61 workers in health and social care and have some really useful information and potential contacts for the future. Carole Zagrovic at York Carers Centre is analysing this. The plan for the DVD has moved on and it be that there will be video clips produced, rather than a DVD, that can be posted and accessed more widely.

Carers Awareness Training

The first Carers Awareness Training session for practice Carers Champions was held in York on the 24th April 2012 with a further training session held in Selby on 18th July 2012. This scheme aims to increase carers awareness for staff working in GP practices.

Further training sessions will be held in the Vale of York locality and these will be arranged in the New Year to cover Pocklington, Easingwold and Ryedale practices, along with another session for York practices.

A positive meeting was held with the regional RCGP Carers Champion in December 2012 who supported the approach VoY CCG were adopting in Carers Awareness training.

Emotional Support Audit

An audit of emotional support for carers in York was undertaken during 2012. The two main issues arising from the audit were:

- The definition of emotional support is unclear and open to interpretation
- The most effective way of providing emotional support relates to individual preferences and circumstances

Work was undertaken to clarify that carers can access the 24 hour Mental Health Support line service and referral processes were confirmed and circulated by the task group.

The Carers Health Task Group will review the specific findings and discuss any actions.

Information for carers

Development and distribution of information for carers that relates to supporting health and well-being continues. The 'Looking After Yourself' factsheet and the revised 'Health Checklist for Carers' are available from York Carers Centre website :

<http://www.yorkcarerscentre.co.uk/content/health-checklist> and
<http://www.yorkcarerscentre.co.uk/content/factsheets-carers>

Areas we need to work on/improve

Clarify integrated working arrangements and future structure/role and remit of Carers groups. This work links to the CYC Customer Engagement Strategy currently being finalised and the H&WB Board sub groups.

Identify key priorities to focus attention on and link into emerging H&WB Board sub groups e.g.:

- Carers Training (Older Person & Long Term Conditions)
- Access to MH (MH & Learning Disabilities)
- End of Life (Older Person & Long Term Conditions)

Sarah Kocinski
Vale of York CCG
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